



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09173, Longans, dried

Report Date: June 30, 2017 12:28 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:64% Refuse Description: Shell and seeds

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fruit 1.7g
Proximates					
Water	g	17.60	--	--	0.30
Energy	kcal	286	--	--	5
Energy	kJ	1197	--	--	20
Protein	g	4.90	--	--	0.08
Total lipid (fat)	g	0.40	--	--	0.01
Ash	g	3.10	--	--	0.05
Carbohydrate, by difference	g	74.00	--	--	1.26
Minerals					
Calcium, Ca	mg	45	--	--	1
Iron, Fe	mg	5.40	--	--	0.09
Magnesium, Mg	mg	46	--	--	1
Phosphorus, P	mg	196	--	--	3
Potassium, K	mg	658	1	--	11
Sodium, Na	mg	48	1	--	1
Zinc, Zn	mg	0.22	--	--	0.00
Copper, Cu	mg	0.807	--	--	0.014
Manganese, Mn	mg	0.248	--	--	0.004
Vitamins					
Vitamin C, total ascorbic acid	mg	28.0	--	--	0.5
Thiamin	mg	0.040	--	--	0.001
Riboflavin	mg	0.500	--	--	0.009

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fruit 1.7g
Niacin	mg	1.000	--	--	0.017
Vitamin B-12	µg	0.00	--	--	0.00
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	0	1	--	0
Lipids					
Cholesterol	mg	0	--	--	0
Amino Acids					
Threonine	g	0.128	--	--	0.002
Isoleucine	g	0.097	--	--	0.002
Leucine	g	0.202	--	--	0.003
Lysine	g	0.172	--	--	0.003
Methionine	g	0.049	--	--	0.001
Phenylalanine	g	0.112	--	--	0.002
Tyrosine	g	0.094	--	--	0.002
Valine	g	0.217	--	--	0.004
Arginine	g	0.131	--	--	0.002
Histidine	g	0.045	--	--	0.001
Alanine	g	0.585	--	--	0.010
Aspartic acid	g	0.469	--	--	0.008
Glutamic acid	g	0.780	--	--	0.013
Glycine	g	0.158	--	--	0.003
Proline	g	0.158	--	--	0.003
Serine	g	0.180	--	--	0.003
Other					